There is destructive excitement and there is constructive excitement. You know what destructive excitement is, such as the thrill of receiving unexpected money or having power over other people. Constructive excitement is a miraculous life-elevating experience. It consists of anything that happens to you while you are in a state of surrender to the lesson in it. The feeling that accompanies the learned lesson is constructive excitement.

William can never tell William what is right.

You cannot and need not prevent the devil from approaching you, but there is a right and victorious way of turning aside his attempts to take you over. It consists of speaking with heavenly authority to both invisible devils within you and also to devil-dominated human beings. This authority arises from a clear insight into the devil's depraved and unredeemable nature. Armed with this heavenly power you will have one dominating reply to the devil, which is, "Get along your way." When you firmly tell the devil "Get along your way" you smashingly defeat his cunning purpose of making you believe that you have something in common with him. Never forget the next forceful fact: When replying to the devil from the spirit of heaven, the devil must obey your command. He has no choice but to obey. The devil is helpless in the face of true spiritual authority, just as darkness must slink away with the bright light of the rising sun.

Only by seeing that your life is not important as it now unfolds can you finally see how rightly important it can be. This new and true feeling of importance will not be given to you by yourself but by something that is not yourself. So what you need is a bit of initiative to uncover XXIX false self-values. Then, the rest will be done for you by something that is not you.

There are a thousand ways the devil can make Tom or Helen shake with doubt. There is no way the devil can make the true wisdom in Tom or Helen shake with doubt.

Watch and see whether that arising thought causes you pain or regret. Know that it is an unnecessary thought. At first it is hard to see that it is unnecessary because thought itself will lie to you and XXXXX insist that your life depends upon the presence of painful thoughts. Your nervous life does indeed depend upon tormenting thoughts of all kinds, but that is not the kind of a life you want.

Like attracts like. You now know the real reason you married a nitwit.

Thought-watching is a highly enjoyable and practical adventure.

One characteristic of a sane mind is its refusal to get involved in society's insanity because it recognizes insanity when it sees it.

Maybe the world is suffering from that weird little sickness known as (fill in your name) itas.

A truthful lecture is boring to an untruthful mind.

What is unfortunate for your so-called dignity is fortunate for you.

You are quite convinced that it is your doom to see that your self-glorified self cannot win, but it is really your only rescue.

There is a definite connection between mental sickness and bad manners. Watch for the connection. As you mingle with people, watch how neurosis frequently lashes out at people with contemptuous behavior and outrageous demands. The problem is that mental sickness never sees bad manners as bad manners, which is what keeps it sick and bad.

There must be something wrong with my ear--it can't keep up with your mouth.

Here is something that is impossible: It is impossible to explain to one devil-dominated human being that another devil-dominated human being is devil-dominated.

Any time you want to be the big hero you are going to be awfully nervous about it.

There is only one tyrant in life, which is a lack of understanding of life. Since understanding can be acquired, the tyrant need not be endured.

Hang up the phone on any little sneak who refuses to identify himself.

Fear is the time-self but not the eternal self.

This class is not a church where you are being loved to death.